



# **ANSON CABIN PROJECT**

## **Evaluation Report 2013**

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# ANSON CABIN PROJECT



## Evaluation Report 2013

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# **ANSON CABIN EVALUATION REPORT 2013**

## **Introduction**

This year's evaluation is reflective of The Cabin's status as a mature organisation that has established itself as a key provider of children, young people's and family provision in Manchester. There have been several new developments in 2013:

- A new partnership with Manchester Youth Academy (MYA) with The Cabin employing youth workers to delivery sessions on their premises and opportunities for young people to attend both MYA and Cabin provision.
- The Cabin becoming the only non-school or uniformed group delivering the Duke of Edinburgh Award in the City.
- Participation in a pilot project with the University of Central Lancashire to reduce school truancy. Engagement included with Burnage Media Arts College, Levenshulme High School for Girls and Denton Community College.
- Partnership work to develop a new parenting of teenagers course and delivery of a pilot programme.

The latter two new developments had evaluations embedded into their implementation and a summary of these is included.

The main evaluation reflects outcomes for three main funders during the year: The Big Lottery Fund, Children in Need and Manchester City Council.

We have also included an additional section looking at some of the change in statistical measures of deprivation from 2007, when the first Big Lottery and Children in Need grants were received, to 2010 and 2011. We are hopeful that in next year's evaluation report we will be able to include a comparison with the 2013 statistics to demonstrate further what has changed locally.

## **Methodology**

The main evaluation tools were questionnaires conducted at the end of large community events, trips, the summer programme and during November/December. This was more extensive than previous years, designed to capture more people's input. Additionally, a consultation event was held at the end of October to provide additional qualitative information to add to the understanding of beneficiaries views of activities and outcomes for them.

We were clear that the questionnaires could be completed either by each child themselves or by interview, the latter being appropriate where there were literacy issues.

The measures in the main annual evaluation were the same as in 2013 with an additional measure of confidence change that has given more evidence of the effectiveness of the work of The Cabin. For the children there were eighteen questions in total. Fifteen were quantitative questions asking for a rating on a 0 – 10 scale, with two point intervals shown (i.e. 0,2,4,6,8,10). Satisfaction in these areas would be measured by a score of 6 or above. This method also gave us the opportunity to identify an average and to see the spread of scores. One question was a comparative question to identify how they thought of other ethnic groups.

Two questions were qualitative questions asking what would increase their involvement with the provision and ideas for other events and activities. Other comments were also invited.

We included other adults alongside parents for some questions where they had benefited directly in activities. Questions were similar to those asked of children but from their perspective and with the addition of whether the Cabin had helped the parent engage in other activities i.e. employment/training/ voluntary work etc. and how the Cabin had helped them. The latter question we will ask of children also next year.

We now also have four questions that relate across all ages, to measure if participating in activities has increased social interaction; strengthened people's sense of community; helped people believe they can do more with their lives; and, particularly in relation to visits and outings to rural environments, helped people feel in better health.

It is important to note the new intake to the Cabin, particularly through family and community events. This is a key issue in analysing the findings, particularly where children have not attended over a longer period to show the full benefits of engagement. Some also only attended regularly during the summer, which has an impact on certain findings.

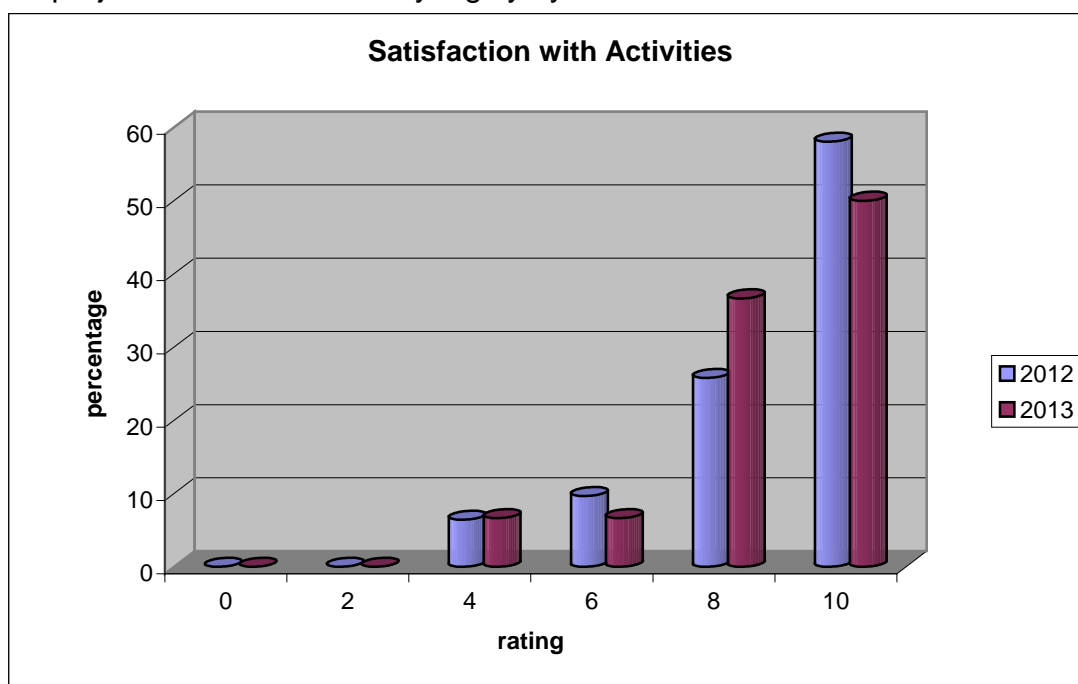
Analysis of all the evaluations is presented below along with recommendations for the Cabin going forward.

## FINDINGS

The findings below show the performance of Anson Cabin as evaluated by children and parents.

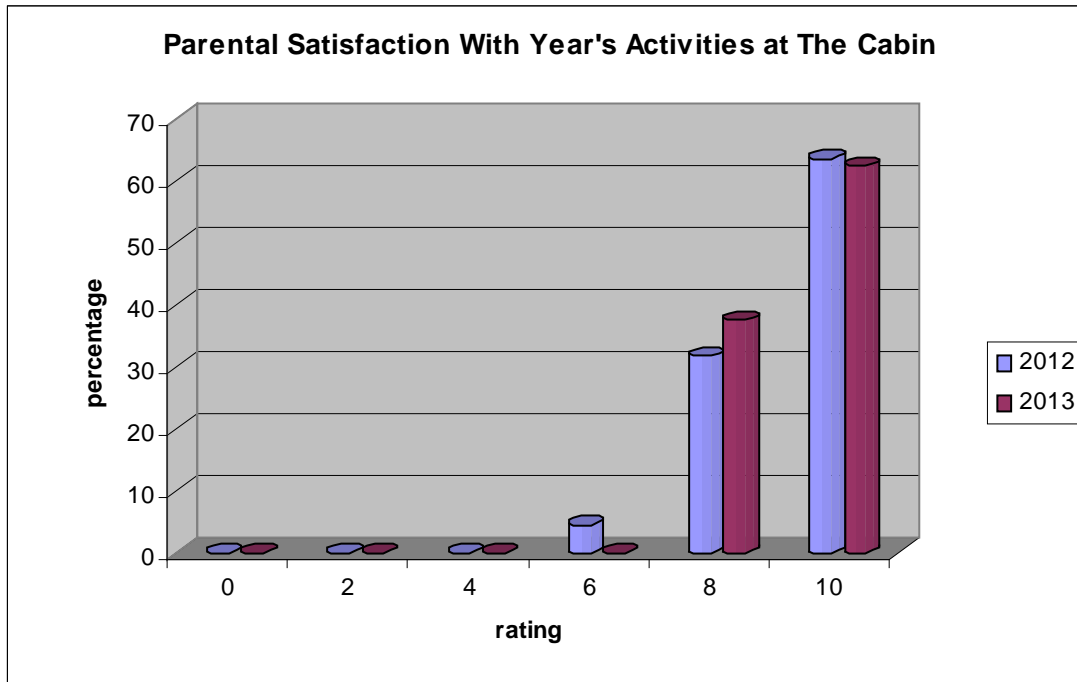
### Satisfaction with Activities

The question asked was, "Were you satisfied with the last year's activities put on by the Anson Cabin Project?" The results again showed an exceptionally high rating with over 50% of children indicating that they were totally satisfied (10 out of 10) and 86% scoring 8 or 10. There was an excellent average rating and the 93.3% indicating positive responses to the question showed no significant change from last year. This is an excellent outcome and the sustained high satisfaction rating confirms that the project's work is rated very highly by children.



	Dec 12	Dec 2013
Percentage Satisfied:	93.6%	93.3%
Average Rating:	8.71	8.60

The parental rating again shows 100% satisfaction, with all respondents rating it 8 or 10 out of 10. The sustained positive response in this key rating should be immensely gratifying for the project. This is even more remarkable given the substantial number of new participants, particularly over the summer. This indicates success in helping new participants to integrate with their peers alongside ensuring feedback to parents on their children's development is working well. There is clearly no complacency as the work progresses.



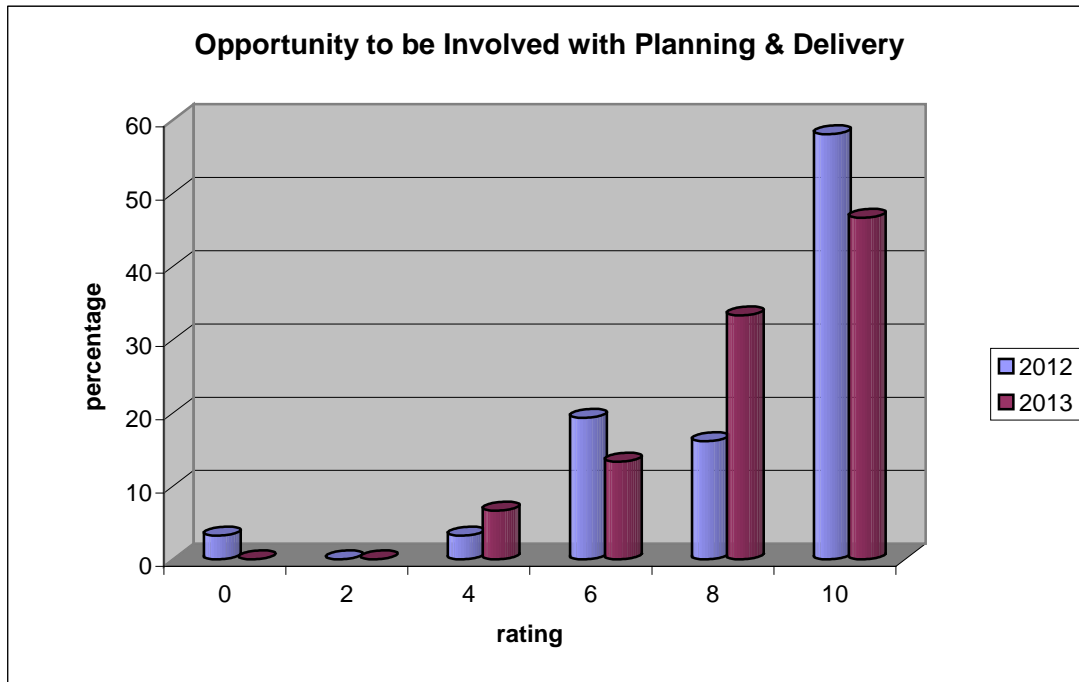
	Dec 12	Dec 13
Percentage Satisfied:	100%	100%
Average Rating:	9.19	9.25

**Involvement with Planning & Delivery**

There were two questions asked about helping to run activities at the Cabin. These were only asked of children. The first was, "Did you have the opportunity to be involved with planning and delivering the activities?" There is no significant difference from 2012 with the proportion of children saying they had such opportunities over the year remaining very high with over 93% giving positive ratings. The average rating of 8.40 is higher than any previous year. This reflects the Cabin keeping the methods of engagement fresh with the Children's Board being re-introduced and new methods of involvement. This includes monthly planning with children and weekly activities they have decided on being posted on the wall. The Children's Board are also producing reports for the Management Committee, another reintroduction.

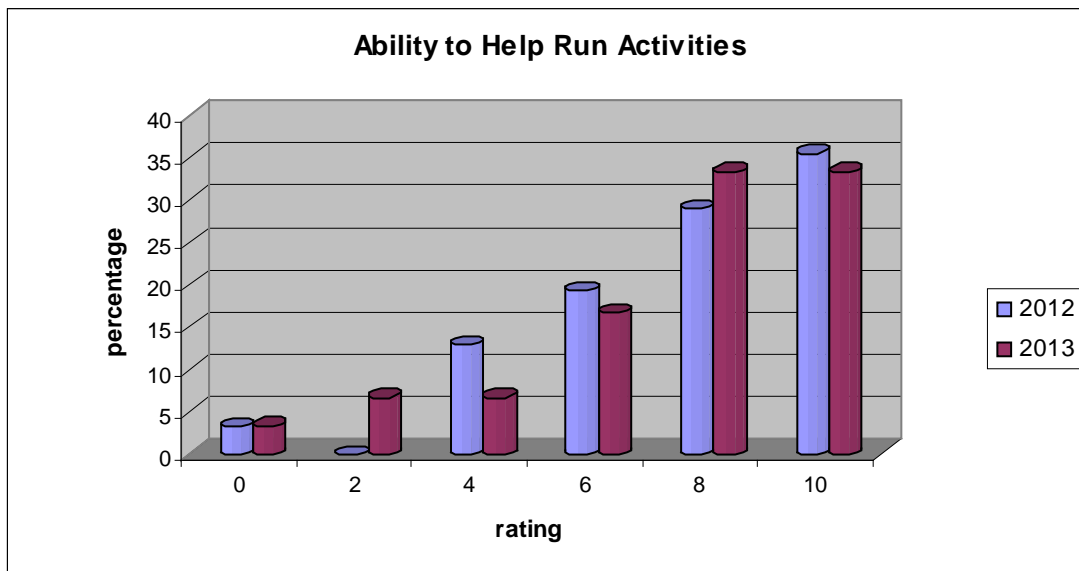
There was an attempt to reintroduce Junior Play Workers but this has now been postponed as some of the children were clearly not mature enough. It is recommended that this be revisited, alongside the Children's Board, with an induction process to ensure that different roles are understood and equally valued. In the longer term, other ways of creating intrinsic motivation should be tried.

The Youth Board is part of the Central Manchester Youth Forum and the Cabin ran a Leadership Skills Training Course for both groups during the year with 14 participants. 12 gained Level 2 accreditation in at least 2 units. This certainly helped embed their involvement with directly planning their own sessions at The Cabin and, as recommended last year, they helped plan trips out and programming for residential. Opportunities for young people to apply for their own funding should also be identified, including nominating The Cabin for appropriate awards.



	Dec 12	Dec 13
Percentage saying have opportunity:	93.6%	93.3%
Average Rating:	8.39	8.40

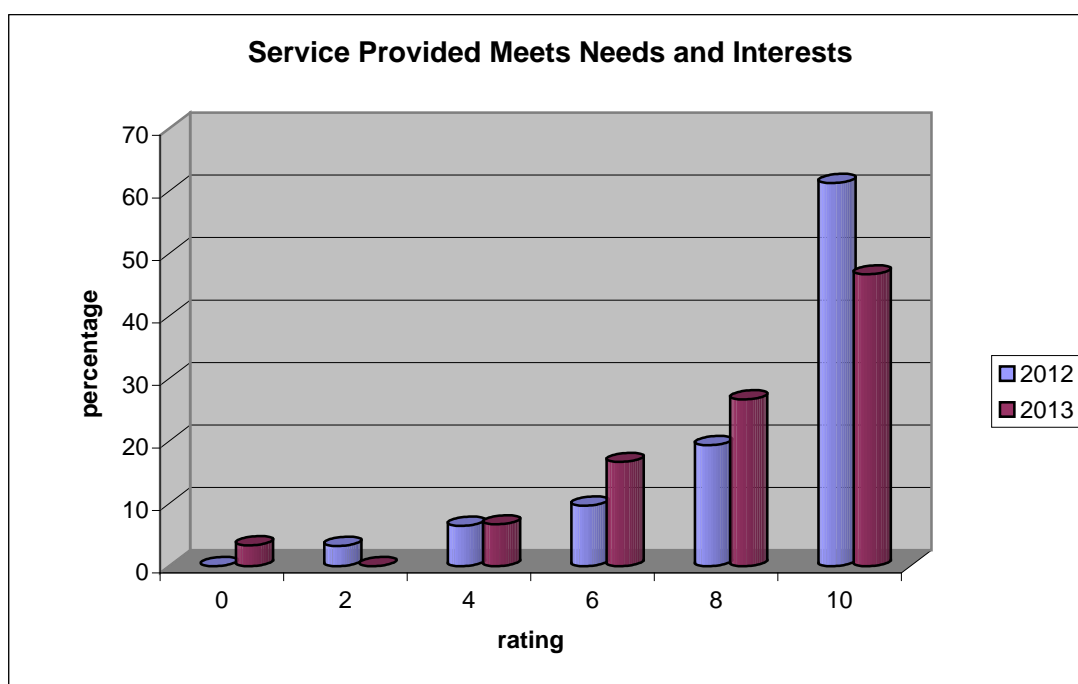
A second question, “Do you have the ability to help run activities for other people your age?” is designed to see how capable the children/young people perceived they were. The percentage of those responding positively is comparable to previous years but there should clearly be more work done to improve skills, particularly among younger children. The possibility of teenagers volunteering and mentoring children could be explored, linked to Duke of Edinburgh Award and similar opportunities found for children linked to the Adventure Service Challenge.



	Dec 12	Dec 13
Percentage saying able:	83.9%	83.3%
Average Rating:	7.55	7.40

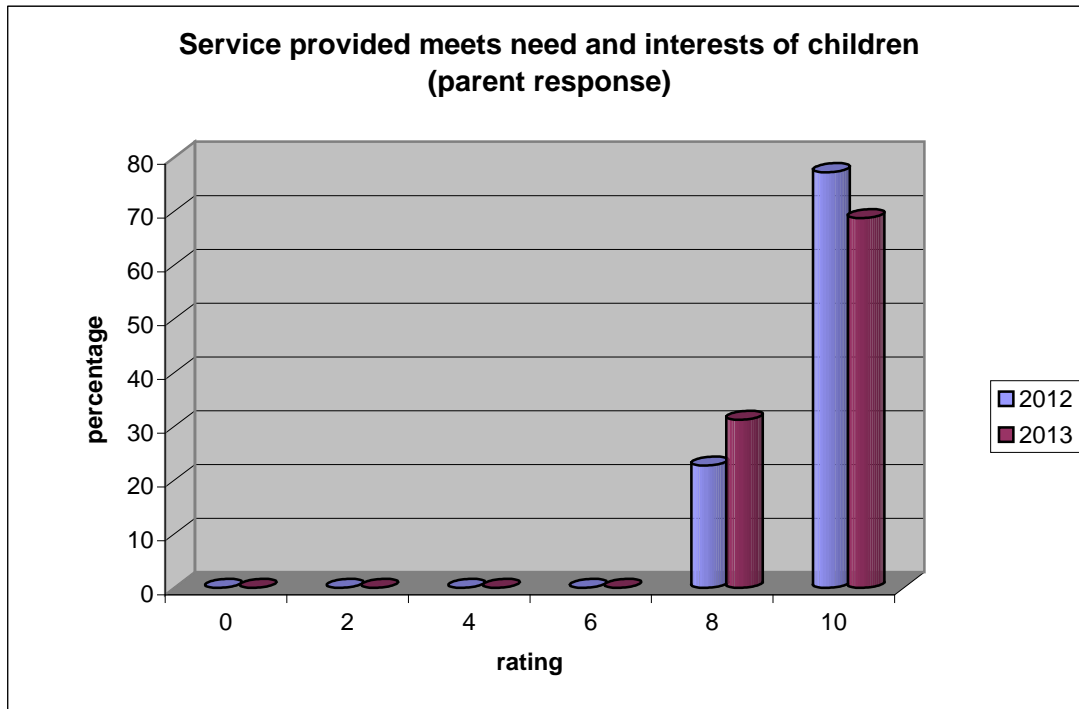
## Meeting Children’s Needs and Interests

The question asked was, “Does the service provided meet your (child/ren’s) needs and interest?” Both children and parents again responded very positively, with 100% of parents again giving a rating of 8 or 10. Further analysis shows that the slightly lower ratings from the children and young people are due to those who only attending summer programmes or have very little involvement other than the summer. If we were to put those ratings aside, there would be 100% saying that their needs and interests are met. There are clearly high expectations of the Cabin and it is clear that, in the main, this is being met. However, as well as the continuing challenge to have as much diversity in ongoing provision as possible to meet different needs of children, there is possibly something to be done within the summer programme to both further engage with non-regular attendees and identify what would help them participate throughout the year. What is clear, from both questionnaires and additional consultation, is that the continual innovation within all The Cabin’s programmes keeps a high level of excitement and enjoyment.



	Dec 12	Dec 13
Percentage saying does:	90.3%	90.00%
Average Rating:	8.58	8.07

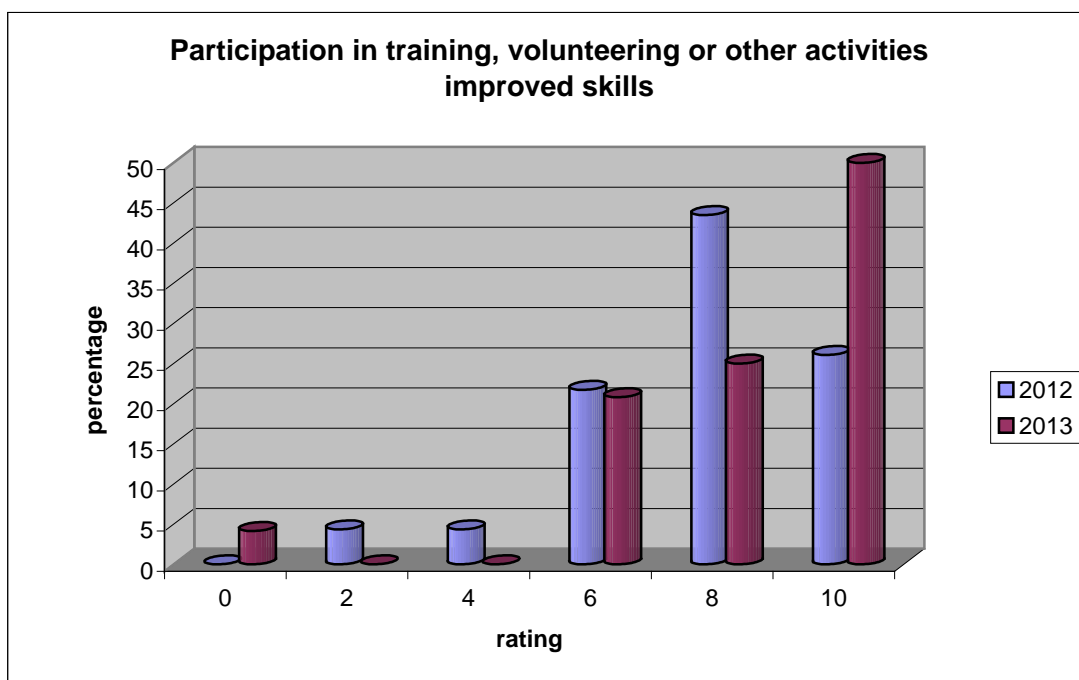




	Dec 12	Dec 13
Percentage saying does:	100%	100%
Average Rating:	9.55	9.38

**Skills**

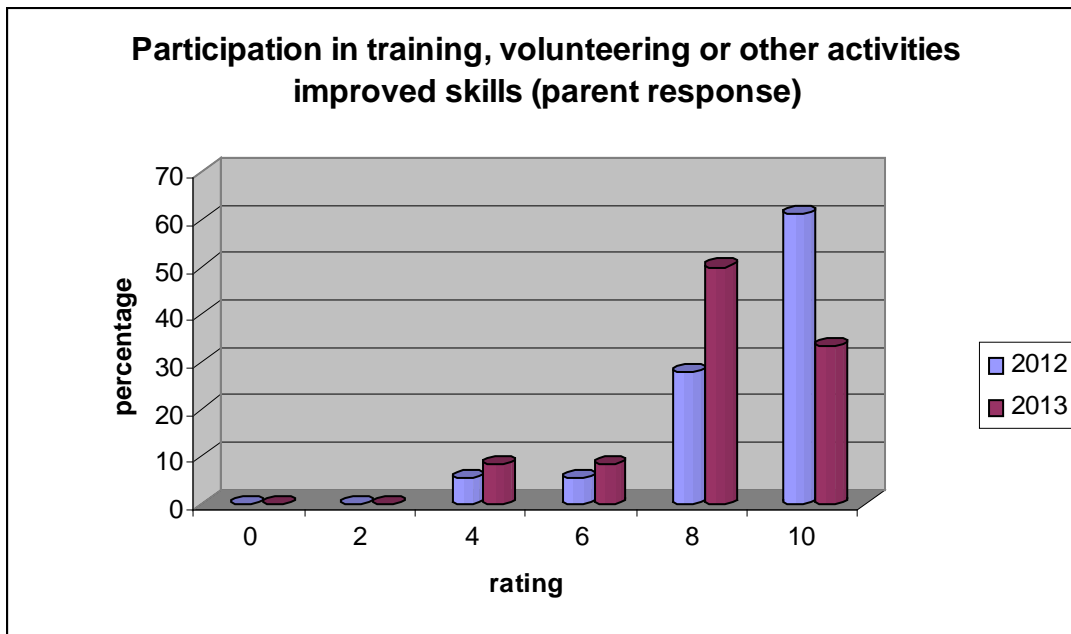
The question asking whether young people participating in training, volunteering or other activities had improved their skills showed an excellent result with over 95% reporting a positive improvement. This would be 100% without those from summer programmes. This shows the immensely positive response both to the leadership training course as well as the success of the Adventure Service Challenge and Bike Right. Young people clearly place a high value on these opportunities that stretch them and, with the Duke of Edinburgh Award being established, this should continue.



	Dec 12	Dec 13
Percentage saying it has:	91.3%	95.8%

Average Rating: 7.65 8.25

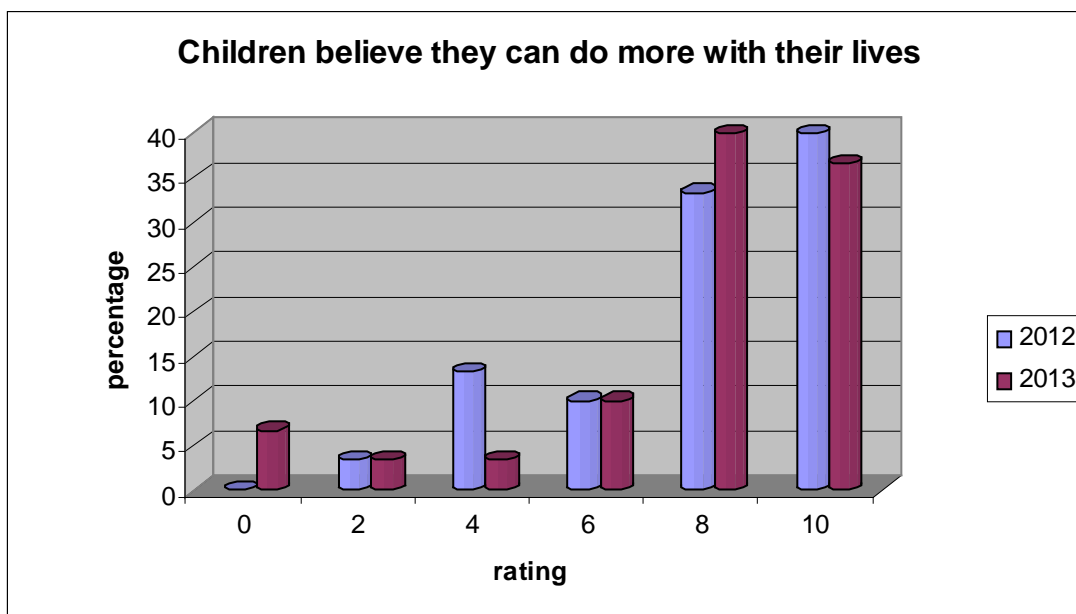
Somewhat surprisingly, the parent response dipped slightly from last year, although still remaining very high. This may show some discontinuity in parental understanding of the outcomes from these programmes, particularly where children are just starting the programmes. Using postcards when children have positive experiences or achievements plus a new 'report card' for children and young people at the end of the summer programme or October half-term could help here.



	Dec 12	Dec 13
Percentage saying it has:	94.4%	91.7%
Average Rating:	8.9	8.2

**Aspirations**

The question asked was, "Has coming to the Cabin made you believe you can do more with your life than before you came?" The over 86% of children and young people giving a positive response was encouragingly up from 83% in 2012.



	Dec 12	Dec 13
Percentage saying can do more:	83.3%	86.67%

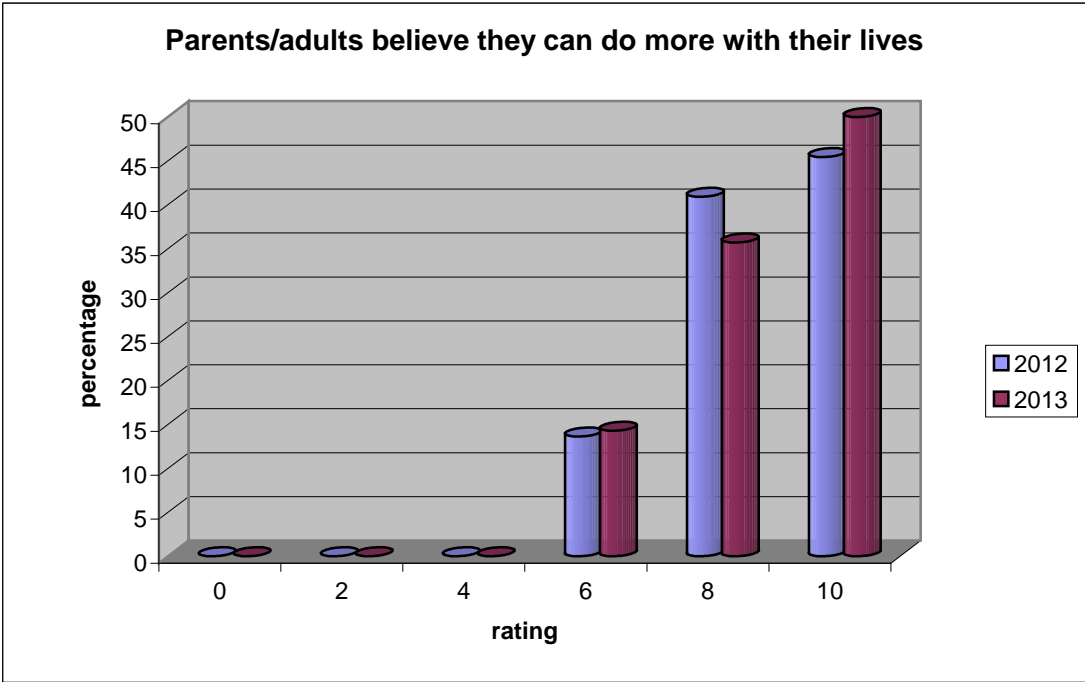
Average Rating:

7.87

7.67

The average rating was down slightly due to some '0' responses from teenagers. The scores are still very high, showing that The Cabin makes a real difference to aspirations of the next generation. Last year's recommendation of focusing more on life opportunities should be pursued with the teenage group, expanding their ideas of what they could achieve, using local role models, visiting places of work or discussing different jobs.

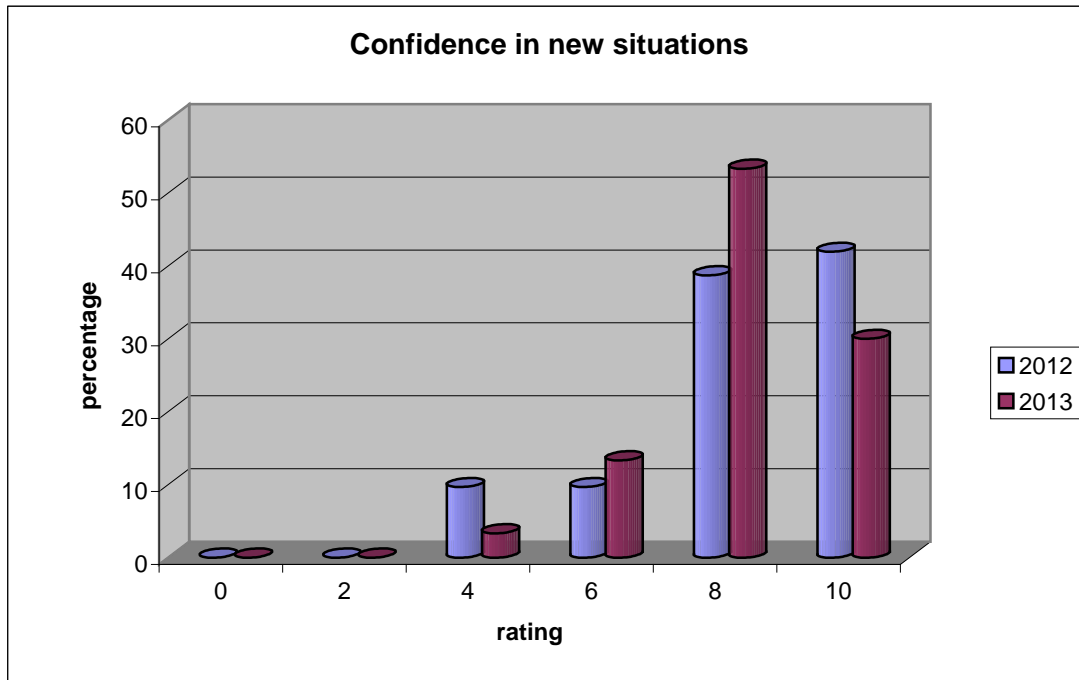
The same question was also asked of adults in terms of their own benefits from coming to the Cabin. The 100% positive response and sustained high average rating shows that, by delivering projects that involve families as well as children, the Cabin is fulfilling a major need. This continues to confirm that community, as well as children's and youth, work is something the Cabin can deliver successfully and generate positive outcomes from. The increased opportunities for families to undertake activities together, as recommended last year, has clearly been positively received but there are still opportunities to work with the Residents' Association to deliver more adult activities. It is recommended that the RA develop their own job club, helping residents with CVs, interview skills and job searches.



	Dec 12	Dec 13
Percentage saying they can do more:	100%	100%
Average Rating:	8.64	8.71

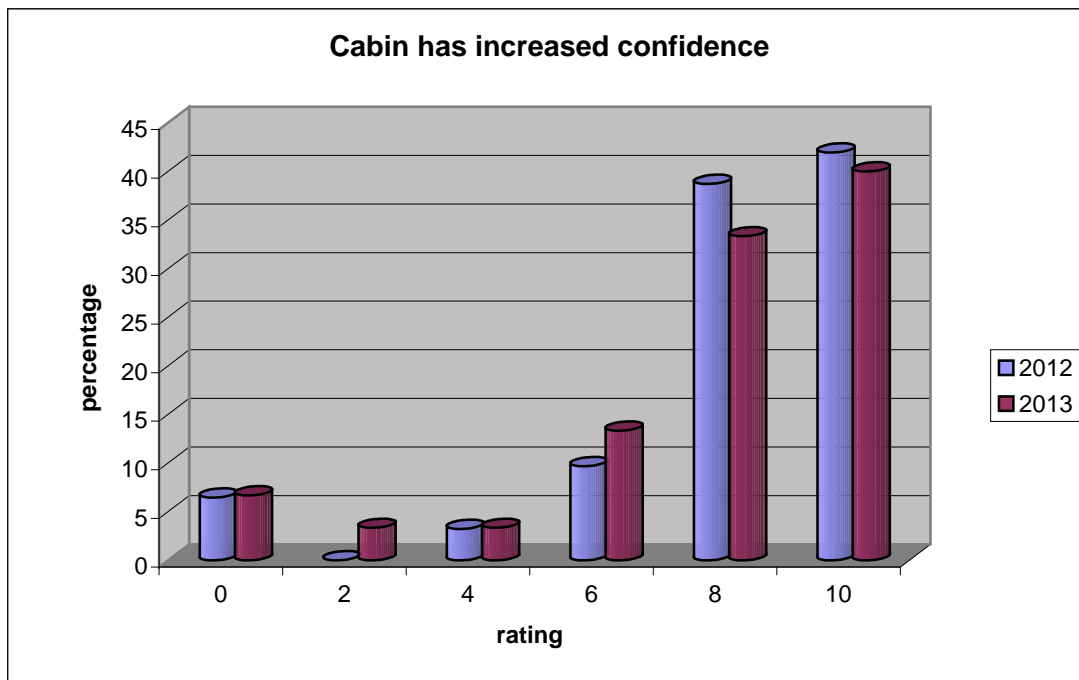
**Confidence and self-esteem**

There were three questions around confidence and one measuring impact on self-esteem. The first asked, "How confident would you say you are in new situations?" The 96.7% positive response achieved is the highest ever for the Cabin since it starting recording in 2007. Initiatives to help new participants integrate with their peers clearly continue to work well with 100% of those involved for less than 2 years (a third of respondents) responding in the positive domain. The average of 8.2 continues to be healthy.



	Dec 12	Dec 13
Percentage saying confident:	90.3%	96.7%
Average Rating:	8.26	8.20

The second question on confidence was, "Has coming to the Cabin in the last year increased your confidence?" This is designed to measure the Cabin's contribution to the children and young people's confidence.



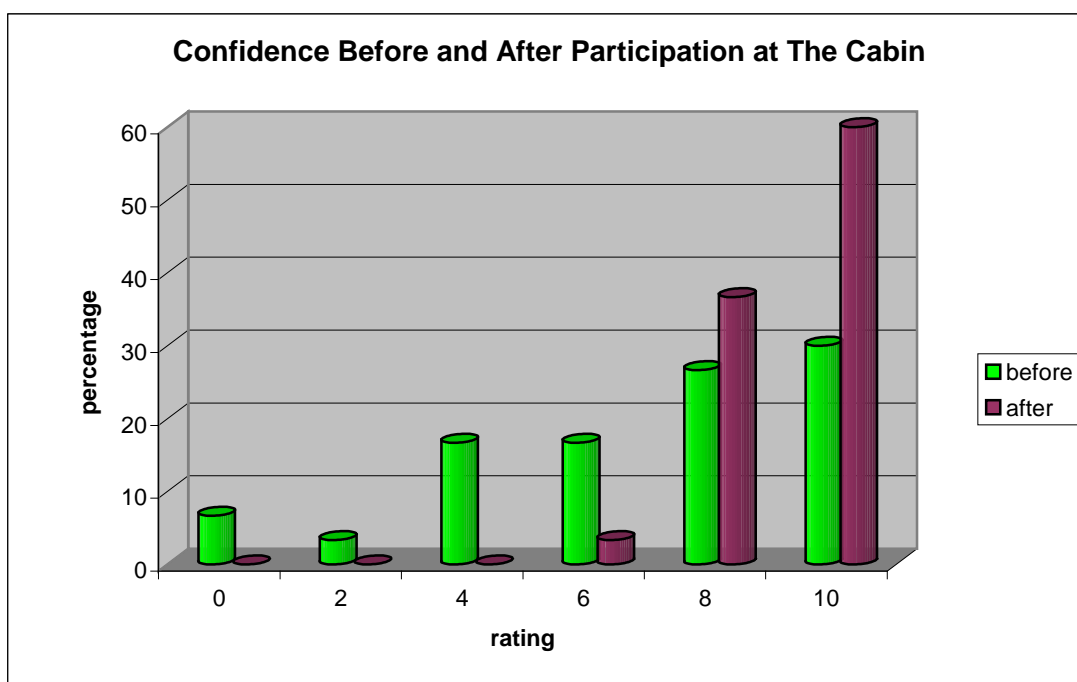
	Dec 12	Dec 13
Percentage saying more confident:	90.3%	86.7%
Average Rating:	8.00	7.67

The level of positive feedback is down from previous years. However, the issue seems to be about interpretation of the question with several, mainly older, respondents who rated themselves as highly confident before and after coming to the Cabin (see next graph), giving the ratings in the negative domain. For pre-teenage

respondents, the percentage saying more confident is over 96% with an average rating of 8.30. Whilst the question has, therefore, been useful, it should be removed next year as the 'before' and 'after' question on confidence gives a better picture of change as well as the absolute measure of confidence.

The third question on confidence was in two parts and asked how confident children and young people felt they were before coming to the Cabin and how confident they are now. This shows far more clearly the perception of change for participants and is a huge affirmation of the Cabin's work. The fact that all those saying they were not so confident prior to coming now indicate they are confident is stunning, as is the 97% giving ratings of 8 or 10.

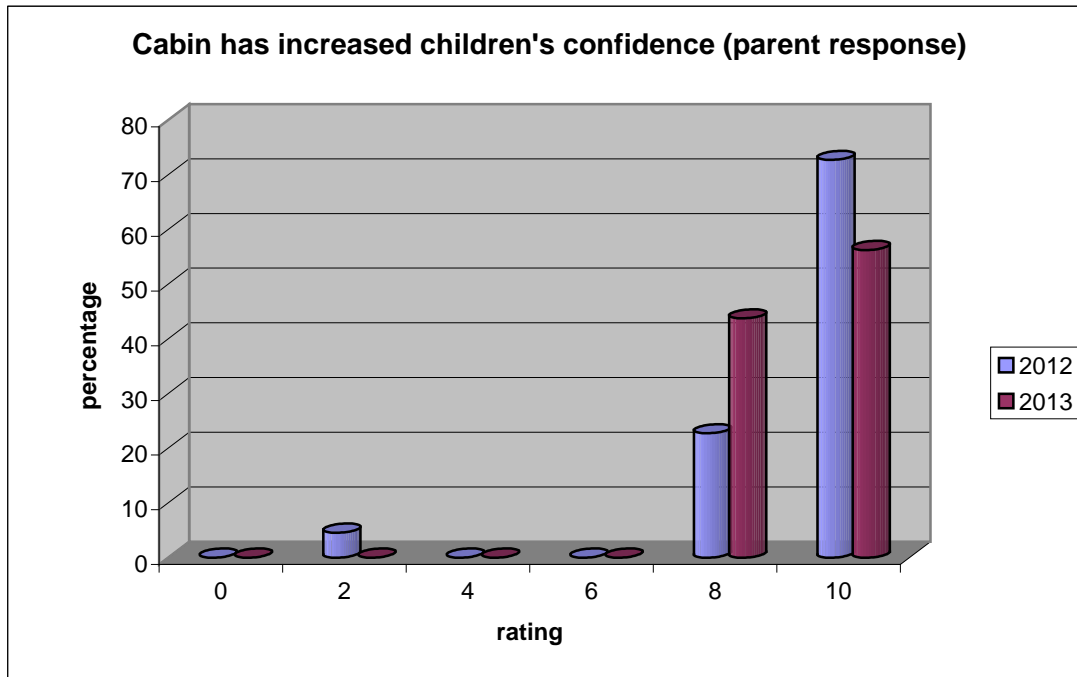
The over 2 point jump from before to after average ratings is a remarkable achievement. An even clearer indicator of success is that, for those involved for less than 2 years, the ratings go from 6.2 to 9.3, a jump of over 3 points.



	Before	After
Percentage saying confident:	73.3%	100%
Average Rating:	6.87	9.13

Parents positivity about the impact of the Cabin continues to be clear, with 100% giving ratings of 8 or 10. This figure continues to be higher than that of their children. Giving feedback to parents on their children's development continues to be valued and parents continue to respond positively to the Cabin's initiatives. The regular family events, recommended last year, with parents and children participating together are clearly having an ongoing, positive impact.

The question itself mirrors that for children and so should now be replaced with a before and after one as per that for the children.



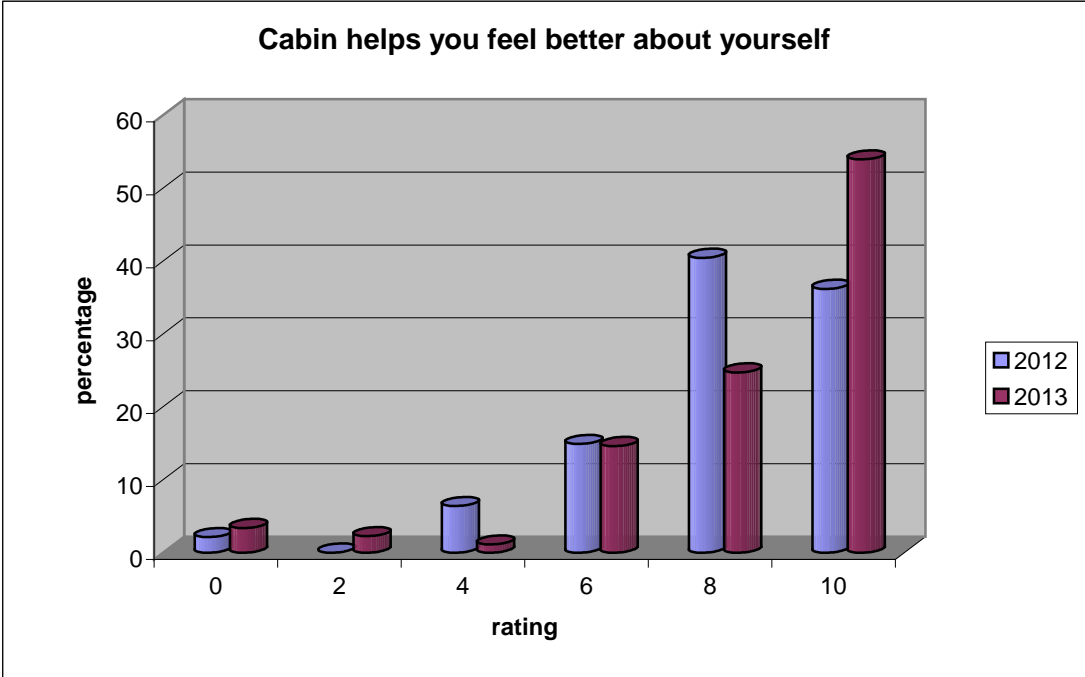
	Dec 12	Dec 13
Percentage saying made child more confident:	95.5%	100%
Average Rating:	9.18	9.13

Taking the results on confidence as a whole, children, young people and parents are reporting the Cabin having a positive impact on their confidence. The positive results from the evaluations should be fed back with much greater zeal and used as a tool to promote family events, volunteering and all the other opportunities that the Cabin has to offer.

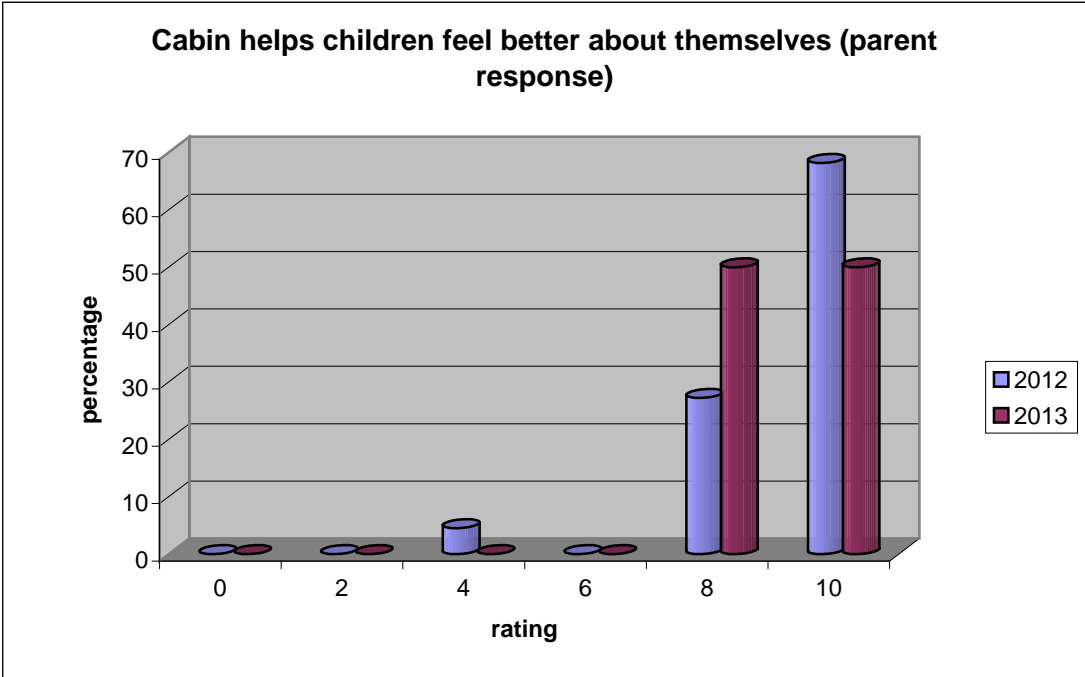
School holidays should continue to be a focus to build relationships and give new opportunities that build young people's confidence and self-esteem. However, there should be increased emphasis on encouraging those attending in holidays to also attend regular activities. These evaluation results should be used as part of a promotional campaign to show what regular participation achieves, emphasising the increase in skills and confidence along with the achievements of participants.

The success of the holistic ethos of open access play in giving so many children and young people from deprived backgrounds a belief in themselves should also be promoted. The Play England 'Quality in Play' accreditation evidences this success.

The question relating to self-esteem evidences the positive impact of the Cabin on its users. There is a clear positive view of the Cabin's impact on self-esteem. However, the lower rating for those newer to the project, an average of 6.89, is concerning. Further analysis shows that most of those giving lower ratings are those only attending holiday programmes. There is a strong focus on well-being within the regular project activities but this is not much focused on in holidays. Therefore more emphasis on well-being should be introduced into holiday programmes as well as promoting more attendance at regular activities. More education of parents as to the issue of well-being, and how the Cabin addresses it, would seem to be appropriate as it seems some are unaware of this as an issue for their children.

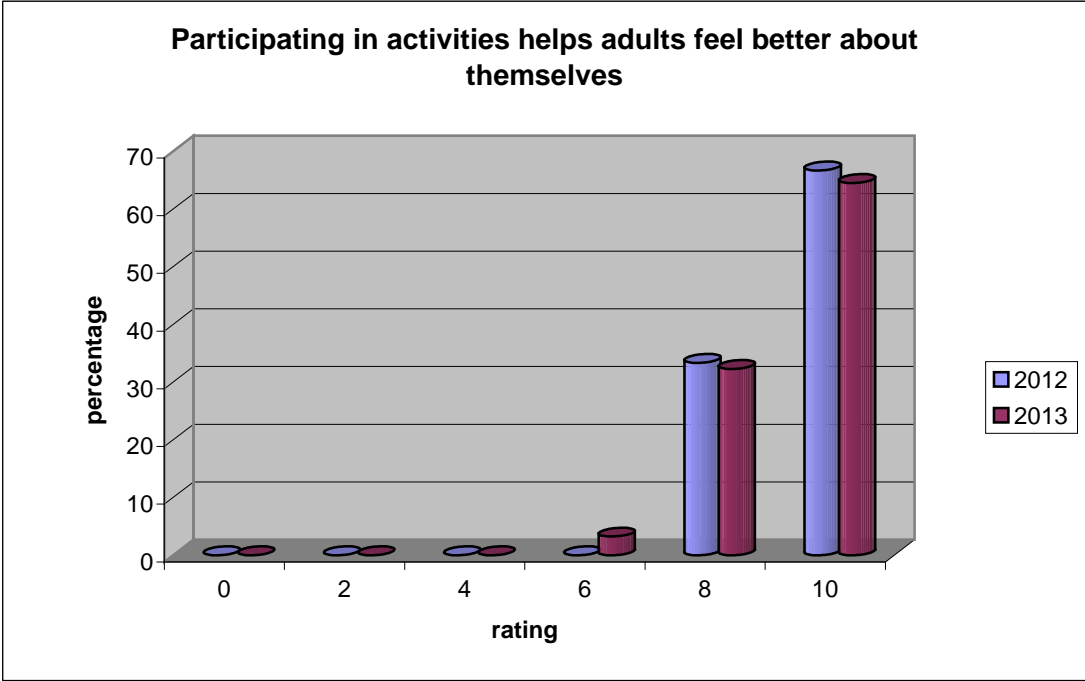


	Dec 12	Dec 13
Percentage saying helped feel better:	91.5%	93.3%
Average Rating:	8.00	8.34



	Dec 12	Dec 13
Percentage saying helped feel better:	95.5%	100
Average Rating:	9.18	9.00

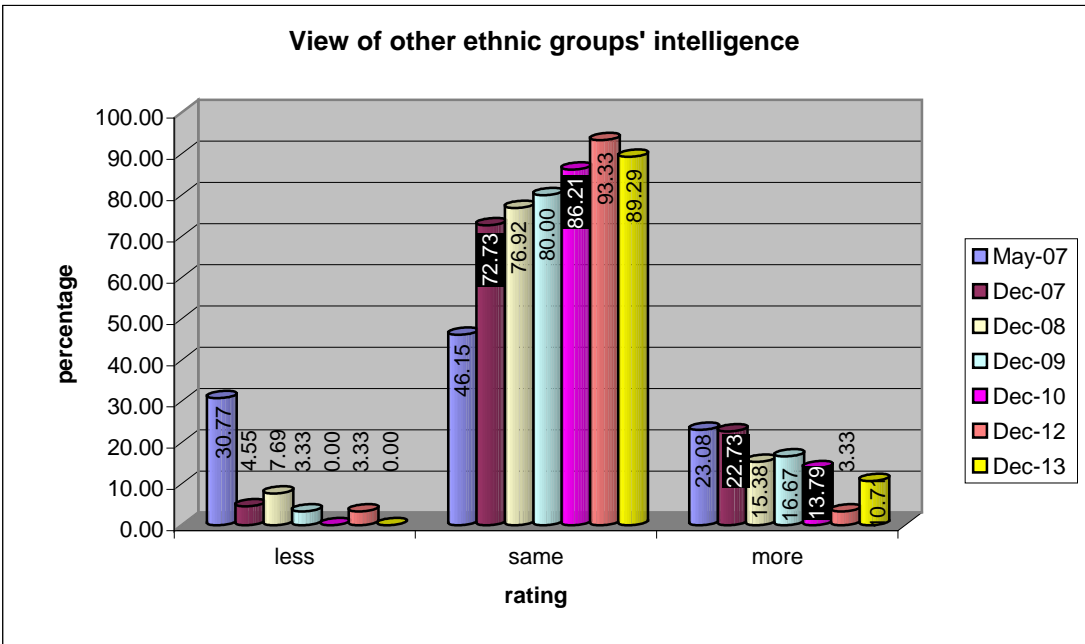
Adults themselves continue to have a positive response to the activities they participate in helping them feel better about themselves. The marginal decrease in average rating is not significant although more emphasis on well-being within trips and family activities should be considered. A parent group, following on from the parenting course, should be established.



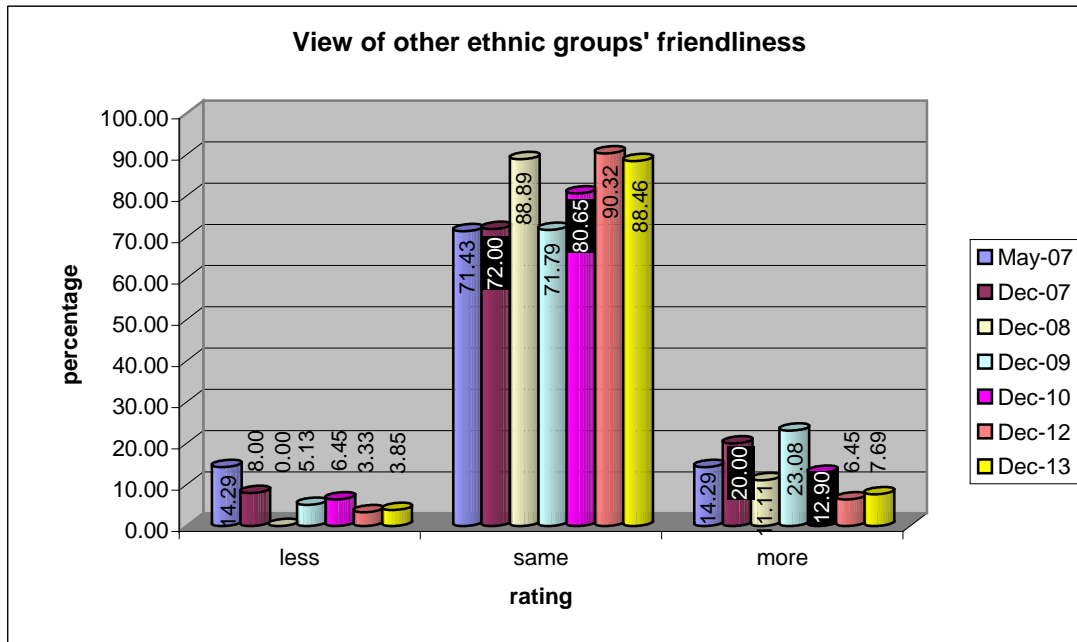
	Dec 12	Dec 13
Percentage saying helped feel better:	100%	100%
Average Rating:	9.33	9.23

**Relationship between ethnic groups**

The questions asking what the respondents thought of people from other ethnic groups as compared to their own ethnic group continue to show the remarkable, sustained improvement from the baseline in May 2007. They ask whether they were more, less or as intelligent and more, less or as friendly. 100% of children and young people now view their peers from other ethnic groups as the same, or more, intelligence and 96% the same, or more, friendly. This endorses the Cabin’s approach to celebrating cultural and ethnic difference in a community that continues to see increasing diversity of cultures and religions.







The increase in those from ethnic minorities who view others as more intelligent or more friendly is a concern following last year's decrease. This is, however, mainly from those new to the Cabin. With Manchester now being 33.4% non-white, and the local area over 70% non-white, the need for work in this area is ongoing. The Cabin should continue to look for innovative ways to celebrate diversity.

The Cabin has a good balance of ethnicities in the staff team but the Management Group are all white. The possibility of recruiting local volunteers, particularly from Pakistani and Bangladeshi backgrounds, should be considered, both for activities as well as to join the Management Committee.

### **Community and Health Impact**

Three questions were asked across all age groups to find whether participation in activities had improved community cohesion and health. This particularly focussed around the new visits and family activities that were introduced during the year.

The first two questions relating to the impact of activities on social interaction and sense of community again showed significant correlation, emphasising the validity of the findings. As last year, 87% of respondents gave a score of 8 or 10 on strengthening the community, indicating continued success of the project activities in this area. The comments relating to the qualitative questions on the survey again back this up, with the balance between those saying they are happy with the current programme and those asking for even more trips and larger-scale events. The comments also indicate the contribution these activities make to community cohesion:

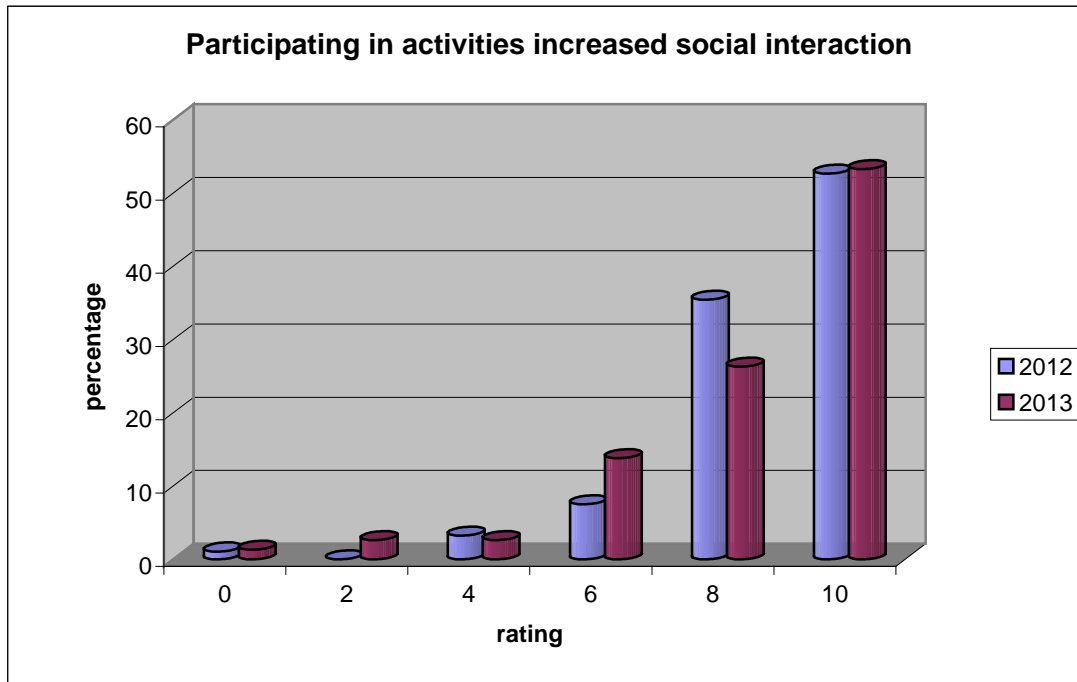
"It's helped me by being a better person and not being shy."

"Had a nice day with friends and people from our estate."

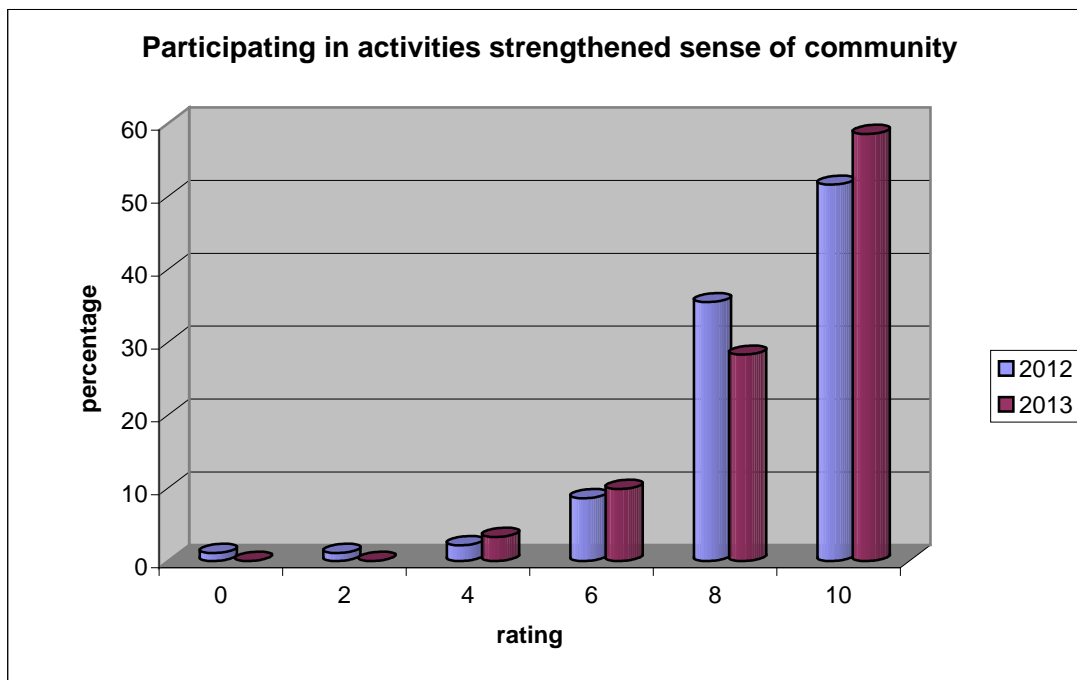
"My child is mixing, meeting new people and gaining confidence."

"I love the community to get together more."

As hard as we looked, there was no negative comment anywhere! The main issue arising from this feedback would be complacency. The Cabin must continue to innovate and involve residents in decisions about trips and events as much as possible.



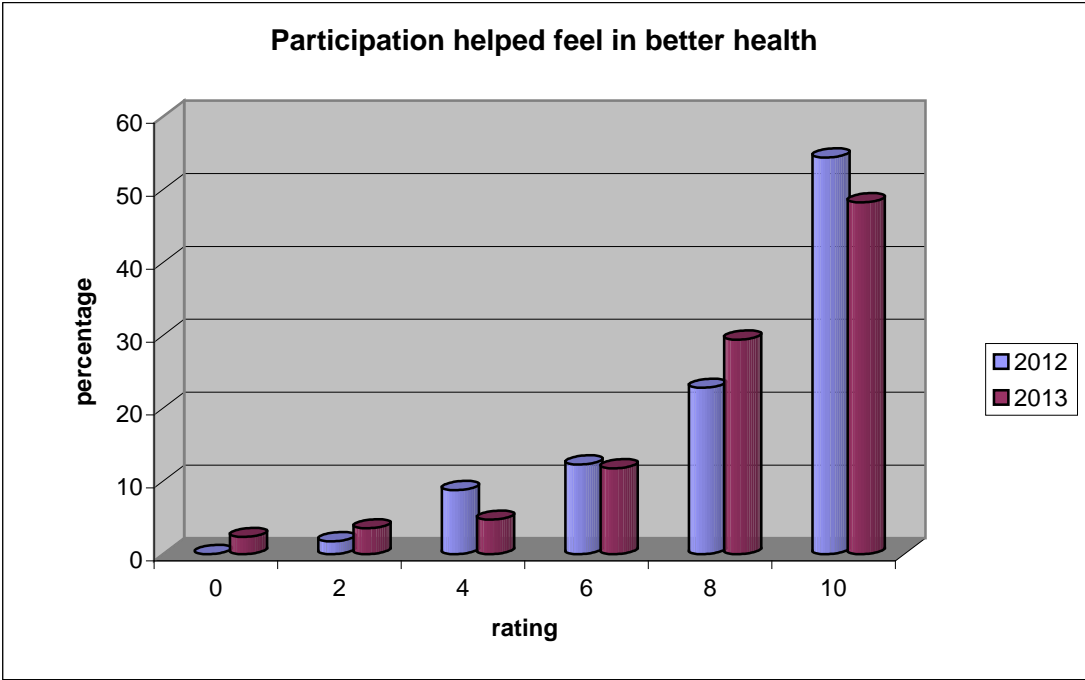
	Dec 12	Dec 13
Percentage saying more:	95.7%	93.4%
Average Rating:	8.69	8.42



	Dec 12	Dec 13
Percentage saying stronger:	95.7%	96.7%
Average Rating:	8.62	8.84

The focus on health has continued to work well with almost 90% of people again reporting that participation in visits to rural environments had helped them feel in better health. There is some disparity with adults a lot more positive than children – 96% compared to 84%. The Cabin, through satisfying the desire for trips, is reaching a wider group of people who were then able to gain a health benefit that they probably were not seeking. More up front health activities should be tried to see if even greater impact can be achieved, taking advantage of the adults overwhelming

positivity. A healthy living (eating, exercise, lifestyle) campaign and programme, on similar lines to that already in place for children, should be implemented.

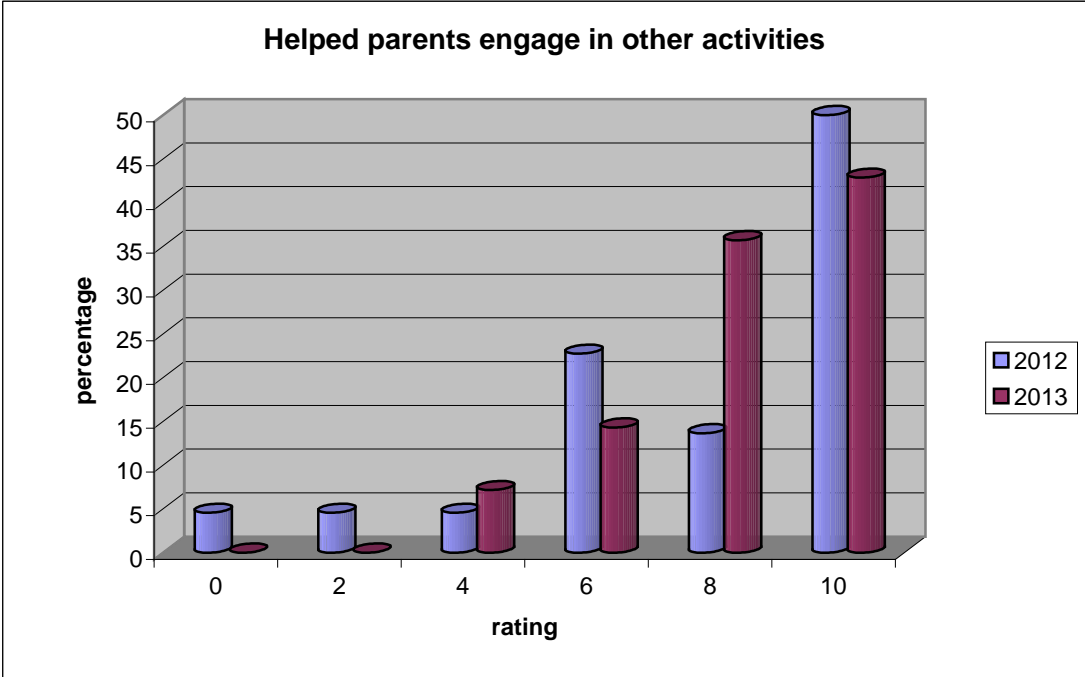


	Dec 12	Dec 13
Percentage saying healthier:	89.5%	89.4
Average Rating:	8.39	8.14

**Enabling Parents’ Development**

The single question asked of parents only, “Has the Anson Cabin Project helped you to engage in other activities i.e. employment/training/voluntary work etc.?” showed a significant improvement in ratings. Over 92% of parents said it had helped compared to 86% previously. The qualitative responses show that this is a combination of being able to attend training for themselves, do housework or just have a rest. The last benefit is clearly a positive contributor to improving mental health. There is not only positive feedback on what the sessions for children and young people do for adults but also on the programme of activities that parents themselves can get involved with – community events, rural visits and training. The Cabin can now properly describe itself, if it wishes, as a play, youth and community project.

As recommended last year, and stemming from the successful Parenting of Teenagers course run at the end of the year, it would seem positive for the Cabin to explore running its own parenting group. This would be a support group that learning can result from rather than focusing on training, which may prevent some parents from participating.



	Dec 12	Dec 13
Percentage saying helped:	86.4%	92.9%
Average Rating:	7.73	8.29

## Comments from Qualitative Questions

The high level of satisfaction with what is on offer can be clearly seen in qualitative responses from children, young people and parents. There were no negative comments but, with increased opportunities for feedback, more requests for specific activities than in previous years. This probably reflects the even more diverse offer the Cabin has been delivering, which has widened the outlook that participants have.

The main theme in responses, as in previous years, was for more of what already exists. The responses show a hugely positive view of activities already being undertaken and, in the main, a desire for more of the same. Some responses recognise that affordability is an issue and that there is an ongoing need for funding.

Another issue mentioned is a few responses was for more community involvement and consultation. Having undertaken a community needs survey in 2010, it may be an idea to conduct another one during 2014 or even wait until 2015. However, a better approach may be community consultations in partnership with the Residents' Association and Local Authority.

Below is a collation of responses:

### **Suggestions**

Trips are clearly very popular and there are many more suggestions than in previous years, there having been more opportunities given for feedback. These included:

<i>Community trips</i>	<i>Camping</i>
<i>Family trips</i>	<i>Chester zoo</i>
<i>Theme parks</i>	<i>Wales, Llandudno</i>
<i>Alton towers</i>	<i>Ferry cross the Mersey</i>
<i>Over 16s trip Alton towers</i>	<i>Maybe an outward bound trip</i>
<i>Blackpool</i>	<i>Pennington Flash</i>
<i>Flamingo land</i>	<i>Hoy Lake country park</i>
<i>Light water valley</i>	<i>Visit museums in different cities</i>
<i>Formby beach</i>	<i>Water park</i>
<i>Blackpool zoo</i>	<i>Brunt wood park</i>
<i>Blue john mines</i>	<i>Ghyll head for 4 days</i>

There was a lot of very positive feedback on the wide variety of activities as well as suggestions for more. In fact, the word 'More' was used over 60 times in evaluation comments with requests for more of almost everything. Some more varied comments included:

<i>I love the community to get together</i>	<i>Dance</i>
<i>Cooking classes/acting drama/dance and keep fit</i>	<i>Electronics</i>
<i>Keeping a good sense of community and interaction</i>	<i>Football day when the derby is on</i>
<i>Make use of university resources</i>	<i>More fun sports</i>
<i>Making crafts or story telling</i>	<i>More girls nights</i>
<i>Mosaic making</i>	<i>Music</i>
<i>Would be good to hear how the veg garden goes and if the children eat from it</i>	<i>Shows for family</i>
<i>A horror house</i>	<i>More family activities @ weekends</i>
<i>An Easter street party</i>	<i>Swimming</i>
	<i>Swimming for kids under ten</i>
	<i>Trampoline</i>
	<i>Xbox 360</i>
	<i>More hands on activities</i>

There were also a host of comments similar to this one, *"Nothing - really happy with everything," "More Funding,"*

There were a number of more general comments responding to questions on what would increase involvement or make activities better. Several were of the view that what was being delivered was already excellent:

<i>Ask me to help</i>	<i>Need more</i>
<i>Maybe more creative activities</i>	<i>Activities are fine just need more</i>
<i>Can't think of anything you have made me feel very welcome thanks</i>	<i>Better activities</i>
<i>Keep up getting funding</i>	<i>Laptops racing and food</i>
<i>Longer hours for the children and extra activities</i>	<i>Longer opening times</i>
<i>More clean up days and getting the community involved</i>	<i>Lots of competitions</i>
<i>More community fun days</i>	<i>Not many people know about activities at Anson cabin</i>
<i>More community trips &amp; adult classes</i>	<i>Try to get everyone involved</i>
<i>More events</i>	<i>Nothing its been an amazing day</i>
<i>More fun equipment</i>	<i>They do a really good job - nothing I would want to change</i>
<i>More family events</i>	<i>Happy with activities provided</i>
<i>More fun activities for children</i>	<i>Happy with cabin</i>
<i>More fun days</i>	<i>I enjoy participating in all aspects of cabin</i>
<i>More fun trips</i>	<i>Would be happy to help you again</i>
<i>More hours</i>	<i>Can't think of any</i>
<i>More of these events</i>	<i>Keeping up trips and good work</i>
<i>More muddy trips</i>	<i>Longer days</i>
<i>More play days</i>	<i>None they do a great job</i>
<i>More time in cabin</i>	<i>Nothing all cabin staff are fab</i>
<i>More trips and water fights</i>	<i>To be more adventurous</i>
<i>More better and fun trips</i>	<i>To have more involvement on deciding where to go</i>
<i>More trips would be nice theme parks beaches</i>	<i>See more of my friends</i>
<i>More activities for older people</i>	<i>Festivals</i>
<i>More funding for trips</i>	<i>Forests</i>
<i>More funding for more events</i>	<i>Play games</i>
<i>More parent days</i>	<i>Sticking and gluing</i>
<i>More things for families</i>	<i>Water fights</i>

Some excellent feedback came from the evaluations after the rural trips. Participants were asked to identify the main contrasts they found between the rural environment and the urban on they live in. The responses evidenced the real achievement in broadening the outlook of both children and adults:

<i>Beaches</i>	<i>More scenery like fields and animals</i>
<i>Chilled out</i>	<i>Nicer scenery</i>
<i>Cleaner and more welcoming</i>	<i>Lot more that what we see or do in our environment</i>
<i>Cleaner environment</i>	<i>Outdoors and animals</i>
<i>Coastline</i>	<i>Sea sand and open spaces</i>
<i>Fresh sea air lots to do for all ages</i>	<i>Sea sand trees and fields</i>
<i>Greener environment</i>	<i>Seen more animals</i>
<i>Lots of animals from around the world</i>	<i>Monkeys</i>
<i>Lots of fun with family</i>	<i>Sea gulls</i>
<i>More open fresh air</i>	<i>Different animals</i>
<i>More trees and animals</i>	

*Mud, wasps. rides. river  
Lots to do  
The beach has seaweed the cabin  
doesn't  
Beach and sunshine  
Sand water rocks boats  
We saw monkeys  
We saw horses and sheep  
I enjoyed meercats and molehills  
Mud and mud  
I have seen the sea side!  
We seen lots of animals  
The beach the fair  
Loose monkeys walking past you*

*Sea and sand  
Monkeys  
Surroundings and nature  
sea sand lots of greenery  
better equipment  
Bike right and tournaments and  
stuff  
Bouncy castle  
Climbing frame  
Colouring  
Concerts  
Football and cricket  
Fun days making things walks  
Ice cream van*

**Other comments included:**

*It was a really nice day and next summer we should stay for longer  
Thank you for letting me take part  
Good day but needed longer and more time/notice given  
Staff were nice  
Great day even though it was cold children loved the deer and playing in the mud.*

Adults were asked specifically as to how The Cabin had helped them. There were many more responses than in previous years and they show the huge value placed on the Cabin by local people. The additional opportunity for parents to access education, training and work opportunities is also evident:

*I am now on the committee  
Socialising with other people  
Brill days out and events for the family  
Gives me a break as I have 4 children  
My child is mixing meeting new people  
gaining confidence  
Knowing my child has a safe place to  
be and training for myself has been  
great  
Gives me a break and chance to clean  
house do uniforms  
It's been good for my children knowing  
they have a safe place to play*

*Fun days out with children  
Help having time to myself and kids  
enjoying cabin  
Helped with my child  
I can attend work related training as  
the boys can be collected from school  
and come to cabin  
Courses were brilliant  
Gives my son somewhere to play  
safely and interact with other children  
Gives my child a place to go when I  
see her  
Gives my teenager a safe place to go*

Finally, there were many other comments showing the value that the Cabin brings to its users.

*Staff are very friendly and my children have benefited greatly from activities and involvement.  
The cabin is a valuable group to me and my children we all enjoy it and what it has to offer.  
Great project an asset to the community  
Love cabin.  
It's a good place.  
I like cabin and all its activities.  
I like the staff  
Cabin staff are very friendly and so is everyone at the cabin  
Cabin is really good I get to play out  
I think Anson cabin is great it brings all the community together*

## **Additional Training**

As well as the Leadership Skills Training Course that saw 12 participants gain accreditation at level 2 through Open Awards, The Cabin supported a Peer Mentoring in Schools initiative being developed through the University of Central Lancashire. Two local high schools were involved and the initial results of the training show excellent progression amongst the young people involved. The hope is that this project will positively impact on behaviour and attendance of their peers and we will report on that next year.

<b>Effectiveness of Peer Mentor Training</b>		
Trainee Peer Mentors were given evaluation forms prior to and after the two-hour training session. Score range was 0-10. Higher numbers indicated more positive evaluations. Results for 81 datasets (84 young people have been trained to date but three evaluations were not complete so were discarded) were entered into SPSS.		
	<b>Mean pre-training</b>	<b>Mean post-training</b>
<b>1. How confident do you feel about your role as Peer mentor for this project?</b>	<b>5.6</b>	<b>8.3</b>
<b>2. How much do you understand about what you will be doing as Peer mentor?</b>	<b>3.9</b>	<b>8.4</b>
<b>3. How confident do you feel about being a Peer mentor on this project?</b>	<b>5.6</b>	<b>8.2</b>
<b>4. How well do you think you will be able to support participants in the Toolkit completion?</b>	<b>5.3</b>	<b>8.1</b>
<b>5. How well do you think you will be able to communicate with participants as they complete the Toolkit?</b>	<b>5.7</b>	<b>8.5</b>
Using paired t-tests, analysis shows that all scores improved significantly ( $p < 0.0005$ ).		

The Cabin also ran a new Parenting of Teenagers Course in 2013. Aimed at parents, grandparents and carers of children from aged 10 upwards, the course was based on the book 'Surviving the Terrible Teens: How to have a teenager and stay sane' by Mann, Seager & Wineberg, Crimson, 2008. It was designed to improve practical parenting skills underpinned by sound social psychological theory.

The course was written by Dr Sandi Mann and Jonny Wineberg and developed with parents as it progressed. Six outcomes were identified for parents:

- *Better understanding of issues affecting young people*
- *More confident to deal with issues affecting young people*
- *More capable of supporting their teenager*
- *Improved communications with their teenager*
- *Less arguments with their teenager*
- *Feeling less stressed from relationship with their teenager.*

The course was interactive and used a range of training methods including role-play, self-assessment exercises, discussion and creative techniques. The Cabin wanted a parenting course that was relevant to local mums and dads. This course proved to be perfect. The participants were engaged throughout and were able to start applying the techniques they learned right from the start.

The Cabin is recommending the course to other providers and two other groups in Manchester are already planning to run it in 2014.



Participants gave both qualitative and quantitative feedback through an evaluation form and a session at the end of the course. For the quantitative feedback, there was a rating range from 0 (not at all) to 10 (hugely).

<b>Effectiveness of Parenting Course</b>		
	<b>Mean Score Before the Course</b>	<b>Mean Score After the Course</b>
<b>1. Confidence in dealing with issues affecting young people</b>	<b>6.3</b>	<b>9.6</b>
<b>2. Capability of supporting your teenager</b>	<b>5.0</b>	<b>9.6</b>
<b>3. Has the course given you a better understanding of issues affecting young people?</b>	<b>9.6</b>	
<b>4. Have communications with your teenager improved through what you have learnt?</b>	<b>9.3</b>	
<b>5. Do you have fewer arguments with your teenager now?</b>	<b>9.0</b>	
<b>6. Do you now feel less stressed from your relationship with your teenager?</b>	<b>9.3</b>	
<b>7. How effective were the trainers?</b>	<b>10.0</b>	

### **Comments**

- *I learnt not to shout and to have more patience and to listen and understand*
- *A big thank you to Jonny and Sandi for giving me great confidence*
- *Thank you for your help and support over the past 12 weeks*
- *I realised in the course that I am not the only ones to have issues with my teenager.*
- *I was really sad when the course ended but felt more positive about my future relationship with my teen.*
- *Thank you for helping me and my children for the future.*
- *I learnt that my son is a growing adult and deserves to be treated as one.*
- *The session on Healthy eating was really good for me to learn. It's made a big difference in my daughter. She's much more happier.*
- *The course was well-presented and enjoyable, we learned a lot and had lots to think about and analyse and change tactics with approaches to my daughter.*
- *I learned how to deal with my child, what she is going through including her worries.*
- *I realised that I wasn't alone!*
- *I loved the course!*
- *The course has helped me understand how my teen may be feeling.*
- *I learned to compromise and to value my teen's opinions.*
- *The course has made me feel that I have a better understanding of what it's like being a teenager and the importance of communication.*
- *Jonny and Sandi are very caring and deliver the course good and answer questions thoroughly.*
- *The course gave me confidence and understanding and the skills to communicate effectively.*
- *The course has made me a more confident parent.*

## RECOMMENDATIONS

The success of the project and the positive view, and benefits reported, from both children and parents are again clear in this annual evaluation. There is, therefore, a reiterated endorsement of the main direction, projects and activities of The Cabin.

We continue to make recommendations that are about minor improvements rather than major changes. Several recommendations are repeated, with some amendment, reflecting the need for the project to continue to evolve rather than introduce any radical change. However, with the strength of many aspects of delivery, we believe that The Cabin can afford to take more risk in its innovation, and this is reflected in the forthright nature of several recommendations.

1. More opportunities for families to undertake activities together should be explored as well as working with the Residents' Association to deliver more adult activities. Quarterly family events with parents and children participating together should be piloted, possibly branded 'Family Saturdaze'. The marketing could include: "Both children and parents have given us amazing feedback, now we'd like you to experience The Cabin together."
2. Form a 'Friends of the Cabin' group, with parents running fundraising events and eliciting sponsorship, advertising, donations and legacies, should be a priority. This should grow out of the family trips and events.
3. More prominence should be given to the opportunity for children to be on the Children's Board as well as be part of the Street Team. These roles should be extended into sessions and appropriate training and support given so that they can maximise their involvement in both planning and delivery.
4. The Cabin should continue to innovate in its use of different methods to involve children and be prepared to take some managed risk in this regard. The possibility of giving more responsibility for delivery to 12 to 13 years olds in the play sessions and all the teenagers in the youth groups should be explored. This should be for both regular sessions and especially those in the holidays.
5. A new skills improvement for 11 to 13 year olds should be put in place to include first aid, cookery, camping (all already delivered with Adventure Service Challenge) and adding textiles, teamwork, marketing and design.
6. More opportunities for directly planning activities at The Cabin, including trips out and programming for residential, should be implemented. Opportunities for young people to apply for their own funding should also be identified, including nominating The Cabin for appropriate awards.
7. New named roles should be tried to give different opportunities for responsibility, such as Publicity Team, Events Team and Trips Team. These teams can be made up of children, young people and adults and treated as sub-groups of the Management Committee, reporting back to it.
8. These opportunities to take on leadership roles should be promoted and linked, where possible, to accredited or other training. The possibility of teenagers

volunteering and mentoring children could be explored. In particular the Adventure Service Challenge and Duke of Edinburgh's Award should continue to be used to verify achievements.

9. The Cabin should continue to innovate and have as much diversity in provision as possible. A new area could be focussing on life and work opportunities and expanding children's ideas of what they could achieve. This could emphasise role models, visiting places of work and discussing different jobs.
10. School holiday programmes should have more emphasis on well-being, building relationships and giving new opportunities that can build young people's confidence and self-esteem. They should also be used as an opportunity to increase involvement, focus on helping new participants to integrate with their peers and promote more attendance at regular activities. There should be a specific piece of analysis undertaken in summer 2014 to identify what would help those who attending participate throughout the year
11. Overnight trips in half-term holidays, in addition to spring and summer residentials, should be considered. The partnership with MYA, as well as including other youth groups to increase viability, get additional staff resource and give opportunities for new friendships, should be exploited.
12. The large support for trips and larger-scale events should be exploited to both improve community cohesion and health. Continued innovation will be necessary with a focus on visiting rural areas and adventurous activities key to maintaining enjoyment and benefits.
13. To improve parental awareness of their children's progress, postcards should be created to share with them when children have positive experiences or achievements. A new 'report card' for children and young people should be put in place for the end of the summer programme for less regular attendees and the October half-term for those involved regularly.
14. A healthy living (eating, exercise, lifestyle) campaign and programme for families, on similar lines to that already in place for children, should be explored.
15. The positive results from the evaluations should be fed back to the community and used as a tool to promote the family events as well as volunteering and other opportunities within a successful project. A specific flyer showing the positive impact of the Cabin over the last 5 years should be produced and distributed both locally and to stakeholders.
16. The 2011 'Replication by Other Communities' report should be updated in 2014 to include additional evidence of success and disseminated more widely.
17. Stemming from the successful Parenting of Teenagers course, the Cabin should explore running its own parenting group. This would be a support group that learning can result from rather than focusing on training.
18. An updated community needs survey should be conducted in 2014 or 2015. Running community consultations in partnership with the Residents' Association and Local Authority should be explored.

19. The Cabin's celebration of cultural differences should be continued with both internal programming and visits. A project for young people to plan multi-cultural projects should be explored.
20. A new attempt to engage schools, through promoting the success of joint working, should be made.
21. Mothers and daughters events, with a dance, pampering or other positive health focus, should be explored. 'Lads, Dads & Comrades' events should also be piloted with football, other sports and skills sharing explored. Cookery could be looked at across genders.
22. As previously recommended, to enable more ball activities in the back area, some additional protection for the new, double glazed windows should be sought and an additional 3 feet of mesh should be added above the existing fence.
23. A new family tree project be developed so that children, young people and parents can understand their heritage, and the diverse heritage of other local people. This would probably be best led by the Residents' Association.
24. A recruitment campaign should be run to bring in local volunteers, particularly from Pakistani and Bangladeshi backgrounds, both for activities as well as to join the Management Committee.
25. More use of regular press releases should be made to maximise exposure in the local press as well as radio and, possibly, television – North West Tonight and Granada Reports.
26. The Cabin should look to brand itself as a play, youth and community project.
27. It is recommended that the Residents' Association develop their own job club, helping residents with CVs, interview skills and job searches, this being outside the scope of The Cabin's remit.